



DEPARTMENT OF THE AIR FORCE
AIR EDUCATION AND TRAINING COMMAND (AETC)

13 Jul 10

MEMORANDUM FOR ALL DETACHMENT PERSONNEL

FROM: DET 2 336 TRS/CC

SUBJECT: Physical Fitness Policy

1. Being physically fit allows you to properly support the Air Force mission. The goal of the Fitness Program (FP) is to motivate all members to participate in a year-round physical conditioning program that emphasizes total fitness. Commander-driven physical fitness training is the backbone of the AF physical fitness program and an integral part of mission requirements. The program promotes aerobic and muscular fitness, flexibility, and optimal body composition of each member assigned.
2. I expect all assigned members to participate in physical fitness training up to 90 minutes, 3-5 times per week during the duty day. IAW AFI 36-2905, member's are responsible for maintaining currency standards. Failing to remain current, as well as failing to attain a passing score on the applicable fitness test before the end of any performance report reporting period, can result in a "DOES NOT MEET STANDARDS" rating on the OPR/EPR and member can be subject to administrative actions for non-compliance.
3. Prior Service students in TDY status, are strongly encouraged to maintain physical fitness standards and must report to training with a current physical fitness assessment that will remain current throughout the training period.
4. This policy is for Detachment Staff, Prior Service and Non-Prior Service members. If you have any questions regarding any aspect of the physical fitness program and this policy, please see the unit PT Leader.


NATASHA N. PORCHER, Capt, USAF
Commander